

WILBRAHAM SENIOR NEWS

45B Post Office Park • Wilbraham, MA 01095

Phone (413) 596-8379 • Fax (413) 596-8546

Volume 22, 2

FEBRUARY 2016



Valentines Day Luncheon



Tuesday, February 16th at noon is a special lunch. Entertainment will be provided by "Too Human" with a grant from The Wilbraham Cultural Council. The program includes some of the great feeling songs from the American Songbook of the 20s, 30s and 40s such as Pennies From Heaven, It Had To Be You, Nice Work If You Can Get It, All of Me, Sentimental Journey and others. Lunch is chicken with marsala sauce, rice pilaf and Tuscan veggies. Wingate of Wilbraham and Hampden will supply a special dessert of homemade cheesecake created by Chef Kevin LeClaire. Lunch donation of \$2.00 will be collected at time of registration. Sign up Front Desk.

SAFE HOUSEHOLD CLEANERS

Michelle (Croze) Caron will be presenting a free workshop on Monday, February 22, at 10:00 am, about easy-to-make household cleaners that are safe, non-toxic, and natural, made from ingredients that you may already have on hand at home. This is a great educational and empowering workshop for anyone looking to save money on cleaning products. It is also perfect for anyone who is chemically/fragrance sensitive, has allergies or is just concerned about the toxins in popular cleaners that can be purchased at the store. Why buy products that can poison the body, when you can easily and cheaply make your own safe cleaners at home? Everyone who attends will get to keep a free packet of recipes to make their own cleaners. Michelle, an alternative healing specialist, fitness professional, and Reiki Master, is the owner of Harmony Way, a local mind-body-spirit service business located here in Wilbraham. She is also our Zumba and Gentle Yoga instructor. Sign up at Front Desk: 596-8379.



"HOW TO SHOP FOR HOME CARE"

Alice Genereux, office manager from Griswold Home Care, will visit Monday, February 29th at 10am for an informational talk on what to look for when you are in need of home care. Finding home care for yourself or someone you love can be a daunting task and it's helpful to have a bit of information so you can be an informed shopper. She will discuss the differences in certified care and non-certified care, what are the benefits of working with an agency versus hiring someone privately, programs that are available to low-income clients and how to access them, what types of insurance cover home care, benefits for Veterans, and what questions you should make sure to ask before you sign on the dotted line. Sign up at front desk: 596-8379.

MASSACHUSETTS EQUIPMENT DISTRIBUTION PROGRAM

Monday, February 8th at 10 am a representative from the MassEDP program will be here. Sign up at front desk: 596-8379. MassEDP provides adaptive telephone equipment to people who have difficulty using the telephone due issues such as hearing or vision loss. This enables you to have the opportunity to enjoy clear, independent phone communications, and the ability to contact 911 in the event of an emergency. The specialized telephone equipment is offered to people with a permanent disability for little or no cost, depending on income level. These disabilities include: deaf/hard of hearing, blind/low vision, motion, cognitive, and speech.



HEALTH & FITNESS PROGRAMS

HEALTH PROGRAMS

Foot Care Nurses, **February 11**, Cost is \$29.

Foot Doctor Cindy Galavotti, **February 4** and cost is \$35. Call 596-8379 for an appointment. Also available for home visits.



Baystate Hearing Aids, **February 10** 10 a.m to 12 noon, for free hearing aid cleanings & hearing screenings. Free in-home service also available. Call to sign up. 596-8379

SHARPS containers are available FREE at center, with list of where they can be returned when full.

FITNESS PROGRAMS

YOGA—every Wednesday at 12:15 and Fridays at 11:40 taught by Michelle Croze, owner of Harmony Way. Fun class format is for everyone. \$5

Senior Center Fitness Equipment— recumbent bike and treadmill. A Dr's. note and training by Mary Ellen is required prior to first use. See Mary Ellen if you have any questions.

Line Dancing on **Wednesdays at 1:30 pm.** Beginner Line Dance class on **Fridays at 1:30 pm.**

Tai Chi, **Wednesdays** at 9 am. FREE!

Zumba Gold—**Wednesdays at 11 am & Fridays at 10:30 am.** \$5.

Chair Exercise, **Tues. & Thurs. at 10 am.**

Mary Ellen's Adult Exercise Class, **Tuesdays & Thursdays at 10:40 am. FREE!!!!**

Gentle Exercise, **Wednesdays, 10:15 am.**

SPA PROGRAMS

Sole Food Reflexology—Dawn Dietrich, certified foot reflexologist, will be at the Senior Center on **February 5, 12, & 19** for appointments. Cost is \$10.

CHAIR MASSAGE AT SENIOR CENTER—

Chair massages, provided by Ann Ambrose, owner of the Massage Center of Wilbraham, will be offered on the 1st Friday of each month. There is no disrobing involved. Cost is \$10 for 10-minute massage. Call 596-8379 to register for **February 5th.** Very relaxing!!



Reiki - Reiki is an ancient Japanese form of homeopathic healing that helps with general aches and pains, arthritis, relaxation, and sleep. The Wilbraham Senior Center welcomes Carleen Eve Fischer Hoffman, Reiki Master Practitioner. Carleen will be offering Reiki once a month, on the first Wednesday. Please call her directly at 525-7345 for an appointment. \$10 for 15-20 minute session.

Call 596-8379 for appointments!

WEATHER RELATED CLOSINGS

If weather prevents the Senior Center from opening, we will post the information on the Town of Wilbraham website, ABC40, FOX6, and 22News. We do not follow the local school closings. **PLEASE**, call before coming in if you think we might be closed! And if you are planning on attending a program, please make sure you have signed up. We will try to contact you if instructor/speaker is cancelling.

BINGO is Back!!!!

Join us every Monday for lunch and bingo. Lunch starts at 11:45am with Bingo to follow until 2:30 pm. Delicious lunch for only \$2 donation. Bingo will be 25 cents a game and fabulous prizes can be won. Call 596-8379 a week before to reserve lunch.



**TAX EXEMPTION
FORMS NOW
AVAILABLE AT
THE SENIOR
CENTER. FOR
MORE
INFORMATION,
PLEASE CALL THE
ASSESSORS OF-
FICE AT TOWN
HALL.
Phone: 596-2800**

AARP TAX ASSISTANCE

Volunteers from AARP will be assisting seniors, age 60 and over, with their tax returns. AARP can not complete tax returns if you have a large number of stock transactions, business income, incoming requiring Schedule C, home sales, purchase of hybrid car or other complex tax returns. Call 596-8379 for appt. You will need to bring:

Social Security Card, photo ID
2014 return and all related materials
All earning (W2S)
Interest earnings (1099INT)
Pensions & Annuities (1099-R)
Dividend/Mutual Fund Statements (1099DIV)
2105 Social Security form (SSA-1099)
Gambling/lottery winnings (W26)

Complete information on stocks sold
Health Insurance Verification
Real Estate Tax paid documentation
Rent paid documentation
Sewer and Water paid amounts
Fuel Assistance, amounts received
Food Stamps, amount received

FEBRUARY EVENTS

SHINE Representative will be back in **March**. Call for appointment.

QUILTING CLUB, February 11, & 25 at 1:00 pm.

BOOK CLUB February 18 at 1:30 pm. "Portrait in Sepia" by Allende.

ATTORNEY DOUGLAS PETERSON, FREE 20 minute consultations on **February 10**. Call for appointment at 596-8379.

JEWELRY WORKSHOP with Sandy Merrill, **February 17**, 10 am., cost is \$3/class.

MEN'S BREAKFAST in Wilbraham on **Friday, February 26 at 8:30 am**. Please call to register—596-8379.

AFTERNOONS: BINGO Mondays, 12:30 pm., **BRIDGE** Fridays, 1 pm. **KNITTING ETC.** Tuesdays, 1:00 pm. **RUG MAKING**, Mondays at 1:00 pm.

OUTRAGEOUS ADVENTURES on Friday, **February 19** at 9am. Call Mary Ellen for information.



FUEL ASSISTANCE

Applications for Fuel Assistance through the state are available through Barbara Harrington. The maximum gross income levels are: 1 person \$33,126, 2 people \$43,319. It is very important that you bring all necessary paperwork with you to your appointment with Barbara. Applications can not be sent without all paperwork: proof of income; social security, pension, unemployment; 2015 heating, electric and phone bills; if renting—landlord name, address, phone number. If working—4 consecutive pay stubs. If you think you might qualify, please call Barbara at 596-8379. She will set up an appointment to complete the application.



**SENIOR
CENTER
CLOSED
Feb 15th**



TELEPHONE WELLNESS CHECKS



The Senior Center is starting a program through our Social Service Department - "Telephone Wellness Checks". The phone wellness check program will contact Wilbraham seniors who are homebound by calling them two days a week to help to reassure their well being and give them a feeling of security. If you are homebound, or know of someone who would benefit from this program, please contact Barbara Harrington at 596-8379.

SNAP PROGRAM (Food Stamps)

Looking for help with your grocery bill. Let the SNAP Outreach Team from the Springfield Dept. of Elder Affairs show you how easy it is to qualify. You can own a house, have a bank saving account, social security, a private pension, and still qualify for SNAP benefits.

If you or someone you know (aged 60 or older) living in Hampden County could benefit from SNAP, please contact Laura Hurley, SNAP Outreach Worker at (413) 923-4043 or westernmasnap@gmail.com.

FEBRUARY 2016

Mon	Tue	Wed	Thu	Fri
1 11:45 Lunch /Bingo 1- Rug <i>Chicken/apple onion sauce, Delmonico Pot Mixed veg.</i> Stop&Shop	2 9-Healthy Eating 10-Chair Exercise 10:40 Aerobics 11-Blood Pressure 1- Knitting Etc. Around Town	3 9-Tai Chi 10-Reiki 10:15-Gentle Exercise 11-Zumba Gold 12:15-Yoga 1:30-Line Dance Eastfield Mall	4 9-Podiatrist 9:30-Tap Dance 10-Jazz Class 10-Chair Exercise 10:40-Aerobics 11-Dominoes Big Y	5 9-Reflexology 9-Massage Therapy 10:30 Zumba Gold 11:45-Yoga 1-Bridge 1:30-Line Dance
8 10-Mass Equip Dis- tribution Program 11:45Lunch/Bingo 1-Rug Making CHINESE NEW YEAR <i>Sweet&SourPork/ FriedRice/Veg</i> Big Y	9 9-Healthy Eating 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc. Around Town	10 9-Tai Chi 9-BaystateHearing 10:15-Gentle Exercise 11-Zumba Gold 12:15-Yoga 1:30-Line Dance Walmart	11 8-Foot Care Nurse 9:30-Tap Dance 10-Jazz Class 10-Chair Exercise 10:40-Aerobics 11-Dominoes 1-Quilting Club Stop& Shop	12 9-Reflexology 10:30-Zumba Gold 11:45-Yoga 1-Bridge 1:30-Line Dance
15 CLOSED PRESIDENT'S DAY 	16 Valentine Lunch 9-Healthy Eating 10-Chair Exercise 11-Blood Pressure 12-Lunch 1-Knitting Etc. Around Town	17 9-Tai Chi 10:15-Gentle Exercise 11-Zumba Gold 12:15-Yoga 1:30-Line Dance Holyoke Mall	18 9:30-Tap Dance 10-Jazz Class 10-Chair Exercise 10:40-Aerobics 11-Dominoes 1:30 Book Club Big Y	19 9-Outrageous Adv. 9-Reflexology 10:30-Zumba Gold 11:45-Yoga 1-Bridge
22 10-Fallon Health 10- "Household Cleaners" 11:45 Lunch Bingo 1-Rug <i>Hot Dog/beans/slaw</i> Stop& Shop	23 9-Healthy Eating 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc. Around Town	24 9-Tai Chi 10:15-Gentle Exercise 11-Zumba Gold 12:15-Yoga 1:30-Line Dance Walmart	25 9:30-Tap Dance 10-Jazz Class 10-Chair Exercise 10:40-Aerobics 11-Dominoes Big Y	26 8:30-Men's Breakfast 10:30-Zumba Gold 11:45-Yoga 1-Bridge 1:30-Line Dance
29 10-Griswald Homecare 11:45-Lunch / Bingo 1-Rug Making <i>Salisbury Steak/Mashed Potatoes/Peas</i> Big Y	<div style="text-align: center;">  </div>			

Thanks to those who have donated to the Friends of Wilbraham Seniors, Building Fund and Senior Center:

Friends Donations

Anon
Belsky, Alice
Benoit, Dave/Vi
Carabeuo, Josephine
Casey, Jean
Chase, Mary Ann
Cloutier, Claire
Drozdowski, Elaine
Garvey, Bill
Godfrey, Jane
Gore, Dottie
Hick, Willard/Donna
Hyder, Evelyn

Kasten, Robert/Virginia
Lavoie, John/Elaine
Megas, George/Eugenia
Mercure, Laurie
Morris, Evelyn
Scott, Lorraine
Sibilia, Barbara
Slowik, Kenneth/Linda
Swiecanski, Halina

Building Fund Donations

Feen, Karen
Hick, Willard/Donna
Megas, Eugenia

Slowik, Kenneth/Linda
Vally Podiatry Assoc
Wilbraham Garden Club
WSC. Line Dancers

Donations in Memory of Roland Corbeil

Big Y Foods, Santaniello
Coulombe/George/Helen
Coulombe/Joseph/Carrie
Roper, Janet
Sadovski, Bernard/Nan



Calling All Bridge Players

Looking for new bridge players. Beginners are welcome. Fridays 1pm-3pm. Call 596-8379.

Urgent need for volunteer medical drivers. If you are able to volunteer to drive our non-driving seniors to medical appts., please contact Mary Ellen 596-8379.



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Thanks For Your Generous Help

A big thank-you goes out to all you wonderful people who are helping us to cover our postage expenses for the mailing of the monthly Senior News We can still use your continuing support. It's important that you know that we currently mail the Senior News to approximately 2,200 households in Wilbraham 12 months a year Our monthly postage costs are currently \$330. We would appreciate it if you would help us out again with \$1, \$5, \$10, \$20 or more what ever you can spare. We are very proud of the *Senior News* and the broad and interesting information that it brings to the senior community. Remember that seniors represent over 39% of the adult population in our little town, and that Boomers are another 18% of the adult population. It's plain to see that our seniors are aging in place and we are retiring in place.

**Thank you for your continued support
Future Schedule of Friends of Wilbraham Senior Events**

January 4, 2016 to February 12 2016	Friends Cash Raffle
March 2016	Krazy Jakes Restaurant
March 22, 2016	A Casino Bus trip to Mohegan Sun
April 28, 2016	Fashion Show Extravaganza
June 21, 2016,	A Casino Bus trip to Mohegan Sun
May 2016 Huge Tag Sale	

*****Friends of Wilbraham Seniors*****

The 2016 Winter Cash Raffle

Starting January 4, 2016 Drawing February 12, 2016 at 1:00 P.M.



\$300 FIRST PRIZE
\$200 SECOND PRIZE
\$100 THIRD PRIZE

Tickets will be available each day from 9:00-1:00 at the Wilbraham Senior Center; Or mail your newsletter coupons to Friends of Wilbraham Seniors, P.O. Box 705, Wilbraham, MA 01095
Also tickets will be on the counter at Crazy Jake's Restaurant and Rice's Fruit Farm

2016 Winter Raffle

Name _____ | Name _____
Address _____ | Address _____
City---- State _____ | City _____ State _____
Phone _____ | Phone _____

1 ticket \$5.00 3 Tickets \$10.00

1 ticket \$5.00 3 Tickets \$10.00

2016 Winter Raffle

Name _____
Address _____
City _____ State _____
Phone _____

1 ticket \$5.00 3 Tickets \$10.00

2016 Winter Raffle

RED HAT YAYA SISTERHOOD OF WILBRAHAM

It is already February, can you believe it? We had our first event this year at Olive Garden. Feb. 9th is Fat Tuesday and we are having a Mardi Gras. Deb Gormley (547-6583) and Kathy Sowa (596-5462) are chairladies for this event. It will be held at The Gardens. Please call Deb to let her know if you want to attend and find out all the information. There will be good food, fun things and a raffle. After much deliberation and trying to figure out something to do for March, we will do our event at The Gardens March 10th. One of our members had suggested a jewelry swap. So if you want to swap bring a piece or two and you may select something. I also have found many old pictures of past years and will put them up as a slide show. We will do pizza and desserts. If you would like to bring a dessert let me, Kathy Phipps (596-9938) know. We may do some other things as well. April 28th is the Friends of Wilbraham Fashion Show Extravaganza at the Ludlow Country Club. The Fashions are Country Casual of Somers Ct. Evelyn will be taking care of tickets and table set up for us. In May we are going to Willington Pizza and Cassidy Hill Winery. Deb Gormley (547-6583) and Cindy Ellis (860-9428013) are chairladies. In June we are going to Tower Hill in Boylston and lunch. Watch for further information about these events. Let's make 2016 a great year. Please don't forget, I am looking for someone to fill the shoes of queen of Vice. Please consider being an officer and help plan these great events.

Stay warm, Kathy Phipps, Your Queen Mum

Help us save on postage—receive this newsletter by email!

If you would like to start receiving the monthly newsletter by email, please send a request with your **name and address** to: pdubord@wilbraham-ma.gov. Each month you will be one of the first to receive the newsletter and help us save money.



NEW PROGRAM “ART SONG”

6 week program. Fridays 1pm-2:30pm. In this class, you will create original acrylic or watercolor paintings. Working from either a photograph or their choice or still life arrangement, you will begin with a pencil sketch, learn how to measure, judge contrast of light and dark value, understand drawing forms, and learn to mix colors using either acrylic or watercolor medium. You will create a unique artwork of your own! Cost is \$100. Checks payable to: Amy Porchelli at time of pre- registration. Supply list is available at front desk. Starts March 4th at 1pm.



Electric Discount from National Grid

If you are a residential customer and meet the requirements listed below then you may be eligible for a discount on your monthly electric bill. This will save you money and will not affect the service you currently receive. To apply, please contact Barbara Harrington. She will help you complete the application. Eligibility Criteria: Your electric bill is in your name; you are currently qualified to receive fuel assistance benefits or are participating in one of the following programs:

EAEDC, Food Stamps, WIC, Head Start, Mass Health, National School Lunch Program, Public Housing, School Breakfast Program, Supplemental Security Program, TAFDC, Veterans Programs - 115 benefits, DIC surviving parent, WIC.

community calendar

Seniors play free pool EVERY DAY at Frankie B's Billiards & Sports Bar, located at 2957 Boston Rd in Wilbraham. Free play is Monday through Friday, 3 to 6 pm, and Saturdays and Sundays, 12 noon - 6pm. Questions? Call Frankie B's at 596-2423.





VETERANS OFFICE NEWS

Under Chapter 115 of Massachusetts General Laws, the state provides a uniform program of financial & medical assistance for indigent veterans and their dependents. Qualifying veterans and their dependents receive necessary financial assistance for food, shelter, clothing, fuel, and medical care in accordance with a formula which takes into account the number of dependents and income from all sources. Eligible dependents of deceased veterans are provided with the same benefits as if the veteran were still living. To see if you qualify, please call **596-8379** for Veteran's office.

Nurses Corner

Free walk-in blood pressure screenings, Tuesdays 11-12pm.

Call Lee Giglietti RN @ 596-8379 with health related concerns,
Tuesdays & Wednesdays 9-2pm



Valentines Day is always a good time to encourage those we love to know the facts about heart disease. More than 600,000 Americans die of heart disease each year. That's one in every four deaths in this country. What can you do to prevent heart disease? Don't smoke, maintain a healthy weight, eat a healthy diet, exercise regularly, prevent or treat other health conditions like high blood pressure, high cholesterol and diabetes. Be aware of the signs and symptoms of heart attack. These include: chest pain or discomfort that doesn't go away after a few minutes, pain or discomfort in the jaw, neck, or back, weakness, light-headedness, nausea or a cold sweat. Pain or discomfort in the arms or shoulder and shortness of breath. These symptoms can vary from person to person. If you think that you or someone you know is having a heart attack, call 9-1-1 immediately. To learn more about heart disease, talk with your physician and visit The American Heart Association: <http://www.americanheart.org>

ADS

DIRECTOR OF ELDER AFFAIRS:

Paula Dubord

ACTIVITIES/VOLUNTEER**COORDINATOR:**

Mary Ellen Schmidt

SOCIAL SERVICES**COORDINATOR/VETERAN'S****ADMINISTRATIVE ASSISTANT:**

Barbara Harrington

PUBLIC HEALTH NURSE:

Lee Giglietti, BS, RN, BSN

MEAL SITE DIRECTOR:

Ruth Bretta

SENIOR AIDE:

Jim Hiersche

ANNUAL NEWSLETTER FEE OF \$5 payable to the "Friends of Wilbraham Seniors". Donations to the Friends of Wilbraham Seniors accepted at:

PO Box 705
Wilbraham, MA 01095

Meals served Mon at 11:45 a.m. in the lunch room. Reservations must be made the Friday before by 10:00 a.m. Call 781-8800, ask for Jean in nutrition. \$2.00 donation requested.

**FRIENDS OF WILBRAHAM SENIORS
WILBRAHAM SENIOR CENTER
45B POST OFFICE PARK
WILBRAHAM, MA 01095-1179**

Nonprofit Organization
U.S. Postage Paid
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RETURN SERVICE REQUESTED

WEEKLY VOLUNTEERS

Office: Ann Beardsley,
Evelyn Morris, Adell Teschendorf,
Jackie Daniels, Dorothy Soja
Dee Mitchell, Jacquie Peck
Van: Peter Siuda, Gary Babineau

**IF YOU WISH TO UNSUBSCRIBE
FROM THIS NEWSLETTER
PLEASE CALL THE SENIOR
CENTER AT 596-8379**

SENIOR CENTER HOURS:
Monday-Friday, 8:00-4:00

PVTA Van Service

available by calling 739-7436.

Newsletter available online at
www.wilbraham-ma.gov

COUNCIL ON AGING MEMBERS:

Chairperson: Trant Campbell

Vice Chair: Robert Page

Secretary: Ellen O'Brien

Members: Theresa Munn, Gilles Turcotte,
Diane Weston, Father Panteleimon Klostri

Meeting: 1st Wednesday of each month at
the Senior Center at 4:00 p.m.

The Wilbraham Senior News is mailed monthly by the Friends of Wilbraham Seniors, Inc., for the Council on Aging. Typed contributions accepted by the 8th of each month and mailed to:

Wilbraham Senior Center
45B Post Office Park
Wilbraham, MA 01095
Phone (413)596-8379 Fax (413)596-8546
Email: pdubord@wilbraham-ma.gov

SENIOR CENTER VAN TRIPS**MONDAY TRIPS:**

Feb.1— Stop&Shop

Feb.8 —Big Y

Feb. 15—CLOSED

Feb.22—Big Y

Feb.29-Stop&Shop

WEDNESDAY TRIPS

Feb.2-Eastfield Mall

Feb.9 -Wal Mart

Feb. 16 -Holyoke Mall

Feb. 24-Walmart

THURSDAYS TRIPS

Feb.4-Big Y

Feb.11-Stop & Shop

Feb.18-Big Y

Feb.25-Stop&Shop

Pick ups begin at 9:00 a.m. All bus trips are \$2 round trip. Please call 596-8379 to sign up for any of these trips. Space is limited to the first 12 callers.

Around Town Trips on Tuesdays—call to reserve a seat!

Call 596-8379 to sign up today.

